

300-GENERAL HEALTH

Catalogue #	Title	Author	Publisher	Index Field	Year	Pages	Genre	Description
300.01	Guide to Prescription and Over the Counter Drugs	The Canadian Medical Association	Reader's Digest	Drugs	1990	592	ISBN 0-88850-162-5	Guide to Medications
300.02	Encyclopedia and Dictionary of Medicine, Nursing and Allied Health	Michael J. Brown	W. B. Saunders Company	Medical Terminology	1992	1780	ISBN 0-7216-3456-7	Guide to Medical Terminology
300.03	Hydrotherapy in Paediatrics	Campion, M Reid	William Heinemann Medical Books	Hydrotherapy	1985	248	ISBN 0-433-063920	Hydrotherapy Techniques
300.04	Pain, Pain, Go Away: Helping Children with Pain	P.J. McGrath, G. A. Finley & J. Ritchie	Association for Care of Children's Health	Pain Management	1994	15		Pain Management
300.05	Healthy Alternatives - Healthy Choices	Markham, Karen			1995	31		Info Series for Family Care of the Elderly
300.06	Insensitive Skin	The Hugh Macmillan Rehabilitation Centre	H.M.R.C	Insensitive Skin	1990	20		How to Care for Your Skin
300.08	Staying Healthy in the Nineties	Fran Odette	Disabled Women's Network (DAWN)	Women's Health	1993	98		Women with Disabilities talk about Health
300.09	Quotes & Quips-Insights on Living the 7 Habits	David K. Hatch	Franklin Covey Co.	General Health	1996	185	ISBN 1883219-93-0	Compilation of quotes
300.10	Compendium of Pharmaceuticals and Specialties	Canadian Pharmaceutical Association	Canadian Pharmaceutical	Guide to Specialties	1995	1556	ISBN 0-919115-942	Guide to Pharmaceuticals and Specialties
300.11	CNS Magnetic Resonance Imaging in Infants and Children	Eric N. Faerber	Cambridge University Press	Basics of MRI Testing	1995	334	ISBN:0-898683-01-8	For those who deal with MRI Testing of kids
300.12	Counselling Guidelines for HIV Testing	Expert Working Group On HIV Testing	Canadian Medical Association	Counselling Guidelines	1995	24	ISBN: 0-920169-651	Guidelines for HIV Testing
300.13	Folic Acid for the Prevention of Neural Tube Defects	Gideon Koren, Md	The Motherisk Program	Folic Acid	1995	162		Folic Acid for the Prevention of NTD's
300.14	Nutrition and Women's Health: New Perspectives	Jessica M. Pegis	Canadian Cataloguing in	Nutrition	1993	79	0-9695657-12	Nutrition and Women's Health
300.15	Pressure Sores		Accent Special Publications		1995	40		How to Recognize, Prevent & Treat Sores
300.16	Pacing Yourself - Steps to Save Energy	Diane Christy And Carol A. Sarafconn	Accent Special Publications	Health	1990	141	ISBN 0-915708-310	Tips on Saving Your Energy Level
300.17	Women with Physical Disabilities	D.M. Krotoski, M.A. Nosek & M.A. Turk	Paul H. Brookes Publishing Co.		1996	482	ISBN 1-557662347	For Women with Physical Disabilities
300.18	Making the Patient Your Partner	Thomas Gordon, Ph.D & W. Sterling Edwards, M.D.	Thomas Gordon & W. Sterling		1995	220	ISBN: 0-865692556	Communication Skills for Doctors & Caregivers
300.19	8 Options for Choosing an Accessible Doctor	Margaret Heilig	Gage Transition to Independent Living	Doctoring	1997	20		Listing of Clinics & Health Services in Metro

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300.20	Dr. Rosenfeld's Guide to Alternative Medicine	Isadore Rosenfeld, M.D.	Ballantine Books	Alternative Medicine	1996	342	ISBN 0-449-000745	Guide to Alternative Medicine
300.21	Prescription for Nutritional Healing	James F. Balch, M.D., Phyllis A. Balch, C.N.C.	Avery Publishing Group	Alternative Medicine	1997	600	ISBN 0-895297272	A-Z Reference to Drug-Free Remedies
300.22	Conquer Pain! Taking Charge of Chronic Pain	Joann Aho	Goodlife Infobooklets	Pain Management	1997	63	ISBN 0-9682112-1-6	Overcoming Chronic Pain
300.23	Planning for Pregnancy, Birth & Beyond	Gerald B. Holzman And Rebecca D. Rinehart	ACOG	Pregnancy	1995	321	ISBN 0-915473-275	Guide to Prenatal & Whole Pregnancy Process
300.24	Brain Facts-A Primer on the Brain & Nervous System	The Society for Neuroscience	The Society for Neuroscience	The Brain	2002	58	ISBN 0-916110-00-1	General Information about the Brain & Nervous System
300.26	Foxy Fables and Facts about Dieting: A Journey to Healthy Life	Toronto Indd Coalition	NEDIC	Dieting	1996	37		Booklet about Dieting
300.31	Folic Acid Campaign	Wendy Arnold-Dean	Health Education Authority		1996	30		Folic Acid Education Package
300.32	The Guide to Alternative Health Care	Can Allison Williams & Sheila K. Christensen	Gibbs-Smith Publisher	Alternative Medicine	1998	240	ISBN 0-879058420	Alternative Health Care Guide
300.33	Canadian Consumer's Guide to Health Care	Sharon Lindenburger	Mcgraw-Hill Ryerson Ltd.	Health Care	1998	221	ISBN 0-07-5603128	Canadian Health Care Guide
300.34	Dealing With Latex Allergies at Work	Workers' Compensation Board Of British Columbia	Canadian Cataloguing in	Latex	1997	26	ISBN 0-7726-32812	Latex Allergies at Work
300.35	A Guide to Health Services Offered in French	Metro Toronto District Health Council	Metro Toronto District Health		1996	8		Directory
300.36	Changing Preconceptions: The HEA Folic Acid Campaign Vol 1	Jane Landon, Lucy Thorpe	Health Education Authority	Folic Acid	1998	82	ISBN 0 7521 1186 8	Summary of Folic Acid Campaign 1995-1998
300.37	Changing Preconceptions: The HEA Folic Acid Campaign Vol. 2	Monique Raats, Lucy Thorpe, Caroline Hurren, Kathy Elliott	Health Education Authority	Folic Acid	1998	94	ISBN 0 7521 1231 7	Research Report of Folic Acid Campaign 95-98
300.38	Body Structures & Functions	Ann Senisi Scott & Elizabeth Fong	Delmar Publishers		1998	398	ISBN 0-8273-78971	
300.39	Scoliosis: Ascending the Curve	Brooke Lyons With Oheneba Boachieadjei, John & Carla Podziu	M. Evans & Company, Inc.	Scoliosis	1999	306	ISBN 0-871318830	Everything You Need to Know about Scoliosis
300.40	Preventing Neural Tube Birth Defects: A Prevention Model	Beth Burke	Centers for Disease Control &	Neural Tube Defects	1998	150		Resource Guide for Prevention of NTD's
300.41	Medicine's Deadly Dust: A Surgeon's Wake-Up Call to Society	Richard F. Edlich, M.D., Ph.D.	Vandamere Press	Latex	1997	236	ISBN 0-918339-456	Latex Allergy Information
300.42	Living Well with Epilepsy	Robert J. Gumnit	Demos Vermande Medical Publishing	Epilepsy	1997	249	ISBN 1-888799-11-0	Guide to Epilepsy
300.44	A Touch of Hope - Autobiography of a Laying-on-of-Hands Healer	Dean Kraft With Rochelle Kraft	G.P. Putnam's Sons	Alternative Medicine	1998	306	ISBN 0-399-14389-0	Alternative Health Care

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300.45	The Scared Child - Helping Kids Overcome Traumatic Events	Barbara Brooks & Paula M. Siegel	John Wiley & Sons, Inc.	Trauma	1996	150	ISBN 0-471-08284-8	Childhood Trauma
300.46	Journey into Healing: Awakening the Wisdom within You	Deepak Chopra, M.D.	Harmony Books	Motivational	1994	159	ISBN 0-517-79973-1	Motivational Healing
300.47								
300.48	Parents Guide to Nutrition	Susan Baker And Roberta R. Henry	Addison-Wesley Publishing	Nutrition	1987	372	ISBN 0-201-05739-5	Kids Nutrition
300.49	Manifesto for a New Medicine	James S. Gordon, M.D.	Addison-Wesley Publishing	Alternative Medicine	1996	357	ISBN 0-201-48383-1	Alternative Health Care Guide
300.50	Even if it Kills Me	Dorothy Joan Harris	Scholastic-Tab Publications Ltd.	Eating Disorders	1986	197	ISBN 0-590-71763-4	Anorexia
300.51	The New Reproductive Technologies - A Plain Language Guide	Marguerite Martindale & Noel Hulsman	Lower Mainland Community Based Services	Canada Communication s Group	1997	74	ISBN 1-895070-97-X	Reproductive Technologies
300.52	Managing Pain Before it Manages You	Margaret A. Caudill	The Guilford Press	Pain Management	2002	222	ISBN 1-57230-718-8	Pain Management
300.53	Preconception Health - Folic Acid for the Primary Prevention of NTD's	Dr. I.D. Rusen & Ruth Kohut	Health Canada	Folic Acid	2002	19	ISBN 0-662-31817-X	Folic Acid
300.54	Folic Acid Awareness Community Action Guide	Folic Acid Alliance Of Ontario	Folic Acid Alliance of Ontario	Folic Acid	2002	65		Folic Acid
300.55	Protocol for the Management of Patients with Allergy and at Risk for Allergy to Latex Products	St Christopher's Hospital For Children-Caroline A.Pasquariello,Md,Faap	Department of Anesthesia & Critical Care	Latex Allergy	2002	21		Latex Allergy Information
300.56	Medical Dental - Latex-Free Living at Home/Office	Heidi Wordhouse-Dykema	CETRA	Latex Allergy	2002	32		Latex Allergy Information
300.57	Surviving an Eating Disorder - Strategies for Family and Friends	Michelle Siegel, Judith Brisman & Margot Weinschel	Harper Perennial Publishers	Eating Disorders	1988	222	ISBN 0-06-091553-6	Eating Disorder Strategies
300.58	After & Beyond Spinal Cord Injury- Resource Manual to Help Guide you from rehab back into the Community	Canadian Spinal Research Organization	Canadian Spinal Research Organization	Spinal Cord Injury	2002	247		Rehab back into Community
300.59	Building Bridges Across Difference & Disability-Resource Guide for Health Care Providers Interacting with People with Facial & Physical Differences and/or Disabilities	AboutFace Internation & the Body Image Project	Building Bridges	Differences & Disabilities	2002	19		Resource Guide for Health Care Providers
300.60	Skin Care-Steps to take when Caring for Children with Spina Bifida	Rosylyn M. Gleeson & Alison Malone	Alfred I. duPont Institute for Children	Skin Care	2002	19		Skin Care for people with SB

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300.61	The Complete Kid's Allergy & Asthma Guide-The Parent's Handbook for Children of All Ages	Dr. Milton Gold	Robert Rose Inc.	Allergy	2003	255	ISBN 0-7788-0078-4	Guide to Childhood Allergies
300.62	Helping Your Teenager Beat Depression-A Problem Solving Approach for Families	Katharina Manassis & Anne Marie Levac	Woodbine House	Depression	2004	201	ISBN 1-890627-49-6	Problem Solving Ideas to deal with Teenage Depression
300.63	Gray's Anatomy-The Classic Anatomical Handbook for Doctors,	Henry Gray	Chancellor Press	Anatomical	1992	1096	ISBN 1-85152-104-6	Anatomical Handbook
300.64	Another Day in the Frontal Lobe-A Brain Surgeon Exposes Life on the	Katrina Firlik	Random House	Brain	2006	271	ISBN 1-4000-6320-5	Neurosurgery
300.65	Peripheral Neuropathy-When the Numbness, Weakness and Pain Won't Stop-A Guide for Patients and	Norman Latov	Demos Medical Publishing	Neuropathy	2007	134	ISBN 978-1-932603-59-0	Neuropathy
300.66	Eating Well with Canada's Food Guide	Health Canada	Her Majesty the Queen Printer's	Healthy Eating	2007	5	ISBN 0-662-44467-1	Food Guide
300.67	A Guide to Understanding Lower Body Skin Care	Gilette Children's Speciality Healthcare	Gilette Children's Speciality	Insensitive Skin	2007	10		Skin Care Guide
300.68	Personal Hygiene? What's that Got to Do with Me?	Pat Crissey	Jessica Kingsley Publishers	Hygiene	2005	94	ISBN 1-84310-796-1	Hygiene guide for youth
300.69	Your Child's Health & Wellness Record & Document Organizer	Karen Melnick	HR Press	Health Records	2007	180	ISBN 0-9739548-0-9	Health Record Organizer
300.70	A Health Handbook for Women with Disabilities	Jane Maxwell, Julia Watts Belser & Darlena David	Hesperian	Health Guide	2007	406	ISBN 0-942364-50-7	Health Guide for Women with Disabilities
300.71	My Health History Diary	SBA of Western Australia	Hartmann & SBA of Western Australia	Health Records	2007	25		Health Record Organizer
300.72	Women with Disabilities Aging Well	Patricia Noonan Walsh & Barbara LeRoy	Paul H. Brookes Publishing Co.	Aging	2004	166	ISBN 1-55766-715-2	Healthy Aging for Women with Disabilities
300.73	Helping Children Overcome Fear in a Medical Setting	Rob Luka	Wellness Training Centre	Positive Thinking	2007	205	ISBN 978-0-9794516-0-7	Calming ideas for children facing medical treatment